HOLIDAY GIFTS THAT KEEP ON GIVING . . .

If you’re looking for a few last minute holiday gifts that can also lead to better physical and mental health . . . try these:

1. JUMP ROPE: The American Council on Exercise (ACE) recommends a jump rope for kids and fit adults. A 30 minute session at moderate speed can assist a 130 pound person to burn 250 calories.
2. HEART RATE MONITOR: You can find these for around $50.00, although some are more expensive. These are great for people just starting to exercise regularly. Getting up to 70-80% of your maximum heart rate is great for fat burning.
3. PEDOMETER: This tool can keep you be mindful of how much you REALLY are moving.
4. RESISTANCE BANDS: Color-coded by the resistance they provide, these bands can be a great stocking stuffer. Make sure that you include an instruction book or DVD!!
5. STATIONARY FRAME FOR YOUR ROAD BIKE: For around $50.00, this tool can make your outdoor bike into an indoor exercise bike.
6. EXERCISE DVD’s.
7. STARTER LESSONS IN YOGA, PILATES, KARATE, SWIMMING OR BOXING.
8. YOGA MAT or STABILITY BALL.
9. ASSORTED BALLS: Kids and adults can benefit from a volleyball and net, basketball, etc.
10. DOUBLE-SIDED COUNTERTOP GRILL: These grills help everyone to eat meat and veggies prepared in a healthier way and they are simple to use. You might also think about purchasing Cooking Healthy with the Kids in Mind, BY JoAnna M. Lund. Kids can use these types of grills if properly supervised.
11. BLENDER OR JUICER: You can make great treats using a blender. This can be a painless way to increase servings of fruit, vegetables and milk . . . for kids and adults.
12. APRON FOR EACH CHILD
13. COOKBOOKS
14. HEALTHY FOODS: A gourmet basket of fruit, an assortment of nuts, bottles of almond of olive oil or balsamic vinegar.
15. BOOKS and BOARD GAMES.
16. LAVENDAR BATH SALTS AND LOTIONS
17. GIFT CERTIFICATE FOR A MASSAGE
18. ANYTHING THAT YOU’D WANT OR NEED TO HELP YOU BUILD A BETTER YOU IN 2012!!

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